

**PATIENT INSTRUCTIONS FOLLOWING CARPAL TUNNEL SURGERY**  
**DR. GRIMM**

1. **ACTIVITY** - Keep your hand elevated (“above your heart”) as much as possible for the first 72 hours following surgery. This will significantly reduce swelling and discomfort, and facilitate early wound healing. Move your wrist and fingers frequently throughout the day to avoid stiffness. Light use of your hand and fingers is encouraged, but please avoid any forceful or repetitive gripping, or heavy lifting. Drive with care, understanding that gripping the wheel and reacting quickly may be somewhat impaired by the bandage and post-operative discomfort. Do not drive if you are using a narcotic medication for pain relief.
  
2. **WOUND CARE** - Keep your hand clean and dry with the bandage in place for the first **three days**. You may then unwrap the ace bandage and remove the cotton bandages, gauze pads and the yellow gauze strip covering your incision. Please leave the sutures in place, and then re-wrap your hand and wrist with the ace bandage if desired. Keep the wound clean and covered until the sutures are removed at your follow up office visit.

You may get the incision wet for brief periods of time after **four** days (i.e.- brief hand washing, showers). No swimming, hot tubs, washing dishes, or soaking of the hand until after the sutures have been removed. There is no need to apply topical ointments (Bacitracin, Neosporin, Vitamin E, cocoa butter, hand lotion, etc.) while the sutures are in place.
  
3. **MEDICATIONS** - Please resume taking your usual medications. You will receive a prescription for pain medicine that should be taken as directed if needed. A non-prescription strength medication (e.g.- Tylenol, Ibuprofen, or Aleve) may be all that is required to control your discomfort.
  
4. **FOLLOW-UP** - You should already have a follow up appointment scheduled with Dr. Grimm in 1-2 weeks. If there are any questions or problems, please call Dr. Grimm’s office at (585) 394-1960.

**IF ANY OF THE FOLLOWING PERSIST, CONTACT THE OFFICE:**

1. Pain that increases in intensity.
2. Increasing swelling of the fingers, hand, or wrist.
3. Onset of numbness or tingling in the arm or hand.
4. Increasing drainage or redness at the incision site.
5. Elevated temperature (fever) not associated with other illness

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